

BRIDGES

THURSDAY, JULY 4, 2013

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Local rapper believes in faith, love and humanity **P. 16**

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A STARPHOENIX COMMUNITY NEWSPAPER

SUMMER SPLENDOUR

SASK. NOTABLES
TELL US WHAT
MAKES THEIR
VACATIONS
SIZZLE **P. 6**



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CITY FACES

BY JAMES PEGGS

Young boy enjoys the gift of giving

Six-year-old passes up presents and donates swing set

By Angelina Trinici

For his sixth birthday James Peggs asked for a swing set. But there was a catch. He wanted to give it away. Those who attended his birthday party on June 3 were asked to contribute toward the swing set, he then donated it to children living in Rwanda through a charity called Empowerment Rwanda.

"I wanted to give to other because we have them and they have less," James says.

He hardly has contributed to the charity as the past and have two sponsor children through the organization. James got the idea from a story in the children's magazine the charity sends out, a boy donated soccer balls instead of getting gifts for his birthday and James wanted to do the same. He approached his parents, Matt and Aspen, with the idea. They said they were proud, but not surprised.

"Just because I know it's kind of us that's character to help," says Aspen. She remembers a time when James was sick and stayed home from school. When she asked what he'd like to do for the day, he said tell her, completely out of the blue, that he'd like to help homeless and donate them to the Friendship Inn in Saskatoon. In place his family has made done, though.

"If he had two houses he would still think twice about giving them to two friends. That's kind of who he is," she says.

But Peggs was surprised at his mom's response when she explained that donating a swing set would mean he wouldn't get any birthday presents from his friends. He didn't seem to mind.

"I don't need 17 presents," James told her.



James Peggs asked for donations for a swing set for children in Rwanda to help offset his sixth-birthday gifts. PHOTO BY MICHELLE RING

James invited 17 kids to his birthday "but one outfit didn't come," he says.

They went to a multipurpose room where they played, ate pizza and sang happy birthday around a homemade Legos cake. Together they raised \$600. The swing set cost \$600, so James made his own donations to donate the remaining money to the Friendship Inn, he says he didn't want to spend it on himself.

When asked if he missed receiving gifts, James answers with a smile. "No. Because it felt good."

The grown-ups didn't stop there. The Peggs decided to put a spin on the

traditional treat bags given at children's parties instead of a bag filled with goodies and toys, they honored each guest with a book bag on the swing. "Typically on the card is a poem encouraging the children to pass the lesson along and make a difference," One child decided to take it in one of the cases at the mall, so another child can enjoy the ride.

Matt and Aspen say that teaching their sons (they also have a nine-year-old, Sam) to be charitable to something that is "emotional." And, although they encourage it, it's not teaching the boys how to do

"We try to role model giving and

It just happened with him," says Aspen.

"I think it's important for them to know how lucky we are compared to many other places in the world," adds Matt.

President and CEO of Compete Canada, Barry Shanawie, says that James' donation was "a very moving act of kindness."

"I was moved because I was trying to imagine what it was like for him and all the bubble guns and rain that he could have bought."

There are children, who fundraising groups a few times a year, as well as Kidz-All to raise money for the other

big, but Shanawie says it's nice for a child to donate the way James did. Shanawie adds, "Now is the time to do more, especially for those who don't live in areas of poverty."

"With this child's age, and our current circumstances, this six-year-old's gift is worth more than the person that gave \$100," says Shanawie.

The thank you card remains on display in the Peggs' home; it had 88 signatures on the piece and now it sits on the kitchen table. Aspen says it moves from time to time since James likes to look at it. He says a gift that "makes him feel good."

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Songstress Theresa Delarosa looking forward to down time, and planting a garden in her home in Saskatoon after a long cross-Canada Bike Ride. PHOTO BY MICHELLE BERG

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Andrea Grossen plays darts with a friend at Optimal Park, her favorite place in Saskatoon. PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTOS BY MICHELLE BERG, MICHAEL BELL AND TROY FLEEC

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

• MYRNA PETERSEN

Family exploration uncovers personal story

Imagine my delight after discovering, in 2008, a Danish book written on the controversial life of my deceased father's first cousin.

When Danish journalist Erik Hansen released *Anna Højgaard* (Roku shortly after her death in 2008), the country was abuzz and the first Danish press run of 4,000 copies sold out within a few months.

I met our now-deceased cousin Anna while I was a teenager and she was in Canada visiting relatives. While she didn't speak English, we could converse in Danish. I immediately assumed her kind eyes, We were aware she had a checkered past and knew she'd lost her arm in a shoot-out when Bolsheviks discovered her hide-out with her Danish lover.

who was a secret German spy.

But we were quite unaware that she would have been exonerated before a firing squad as King of Denmark had not intervened at the last hour and had her sentence commuted to life imprisonment. Following 13 years in prison, and a mysterious disappearance from her own nation, Anna Larsen returned to Germany and there began her journalistic work. An advocate for surrendered children during the Vietnam War, she often wandered through the jungles to find well-distressed children who were in desperate need of medical attention. To thousands she was regarded as an "angel of children" but in her Danish hometown, she was considered a local traitor.

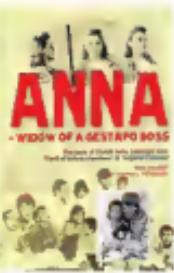


Myrna Petersen

as dozens of emails and translated pages flooded back and forth over the years. We completed the English draft in October 2011, which in fact, is his final literary work. In January 2012, Erik Hansen passed away.

Last November, I travelled to Denmark to meet Erik's widow and learn more details about Anna's controversial life. The translation of this book has been a risky rewarding exercise since I discovered an inevitable story and gained greater insight into my family tree.

Anna — Widow of a Gestapo Boss by Erik Hansen with Myrna L. Petersen is available at the Artful Dodge on Bessie Stokkeston's McNally Bob bins, or by inquiring at additional bookstores or



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Ages 12-15

at the University of Saskatchewan

All youth, ages 12-15, are invited to "Bite into Summer" this July in Saskatoon. During this five day Youth Camp, you will learn about important issues such as food sustainability and agriculture, while having the opportunity to work together with like-minded individuals to find local solutions to global issues. As in the Classroom and 4-H, we want you to make a difference. Develop your communication and leadership skills through teamwork, demonstrations, team activities, discussing important issues, and of course, having fun! We will be kicking off the camp with the amazing and inspiring guest speaker, Greg Kuklunge, the co-founder of Free The Children & Me to We! This amazing opportunity will allow you to enjoy summer adventures & meet new people!



Registration

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<http://www.4-h.sk.ca/page/4h1-teen/schedule/81>

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ON THE COVER

FUN IN SASKATCHEWAN

Nothing beats a summer in Saskatchewan

Theresa Sokyrka, Caitlin Taylor, Amber Holland and Gene Makowsky share their summer plans

By QC staff

It's undeniably summer in Saskatchewan. From festivals to weekends at the lake, there are many ways to have fun and keep busy — or relax. QC caught up with four notable Saskies to find out about their summer plans.

Our host, Caitlin Taylor, the Saskatoon-based, platinum-selling artist on the Atlantic Steel Series, musician Theresa Sokyrka is looking forward to digging in the garden after 13 seasons with the Roughriders. Gene Makowsky's summer are the far milder, the province's curling sensations Amber Holland (here) in winter but loves summer time on her patio.

Theresa Sokyrka

Theresa Sokyrka spent the first half of her summer driving the Trans-Canada Highway promoting her new album, *Private Winds*. Aside from short visits she hasn't been back to Saskatoon for seven years. She's now looking forward to summer in her hometown.

Q What are your plans for this summer now that you're back from touring?

A I've been home for a year, so the summer will be dedicated to finding a decently priced place to live on my own in Saskatoon. I plan to do a lot of yard work at my rental property I own in Bessie Vista and I really love gardening. I haven't had the chance to do it over the last couple of years, so I'll be nice to dig in the dirt for a little while. I also have a few oldie favorites in my back-porch and just eat them all! But I definitely hope to get out to Elbow Lake and Wascana to hang with my friends for a little while. I'm really looking forward to being here.

Q What are some things you can't leave home without?

A I can't leave without my yoga mat, for sure. If I do I also yogi I would probably go nuts! The gal who I'm travelling with, singer and violinist Michelle Suboza, we have



After touring for two months, Theresa Sokyrka is looking forward to relaxing in Saskatoon and by the lake this summer. (Photo: Fredrik Skutte)

a snack bag and we have this brilliant little baggy (no mesh) where one of us wants something from the snack bag, we just roll sorts of nice little crinkles, twist and grab and then you can sit while on the road. So you can't leave without your snack baggy! And a crossword book. We do a lot of crosswords along the road. And usually a map

is helpful as well. You only go as much on trail map and a GPS, then you drive through Gullane and rural Manitoba, then you realize, "Oh my god, I don't have service in any of these places!" And it totally screws up all the time. Maps, maps, bringing them back. They're pretty helpful little things. Maps are where it's at!

Q What's your go-to menu in the summer?

A I just look for just fresh, whole, real food. I haven't been back for just fresh for about four years.

I'll hopefully try to make it to Ness Creek. I'm just going to try to get as many festivals as I can and just take in a beautiful, beautiful Saskatchewan summer.

I think the best-kept secret is that there's such a variety of things to do. There's so many lakes, but then there's also Mosiac, fashion week, go-karting, camping and museums and all that kind of stuff. — Caitlin Taylor

Caitlin Taylor

Caitlin Taylor has what she calls "the cooler" summer job ever. As the province's third—and first female—Social media manager, Taylor gets to explore and promote the province and document her experiences through social media. The 39-year-old has been touring the major cities, small towns, lakes and forests in Saskatchewan even. The avid hiker and horse lover has done everything from whitewater rafting and hiking to writing journal entries and sharing resources. She says she's lived every minute of the 5,000 kilometers she's travelled so far and thinks she'll put on at least 10,000 more by the end of the summer.

Q What's the neatest thing you've got to do so far this summer?

A Trying to find wild horses in the Bluff Hills area in Frenchman Butte. We weren't really sure if we were going to see them. We looked all day. We were on the quad for like six hours driving around trying to find them, but we couldn't. We decided to get up at like six in the morning and go out again and we found them the second time. I was so glad we gave it another shot. After high school I used to go to RBC to work for a horse trainer and I've been riding since I was little. Horse is a passion for horses and seeing wild ones has at ways been a dream of mine.

Q What are you most looking forward to for your adventure?

A I am planning a trip to the Athabasca Sand Dunes. That's going to be challenging; every Saskatchewan traveler before us said they were going to do it, but it's super hard to plan. They are at the very northeast corner of Saskatchewan. You can't drive there, you have to fly and as soon as you get up there, it's super wild.

Q What do you think is the best kept secret in Saskatchewan during the summer?

A There is actually so much to do and see in Saskatchewan. I get to dictate my entire summer to do that and I'm fearing that there isn't enough time to do all of it. I've already been having to make tough decisions like, "Do I want to do that



Social media manager Caitlin Taylor takes on a road trip near Beaver Creek. She's planning a trip to the Athabasca Sand Dunes this summer. **BRIDGET HEDDERICK FOR THE STAR**

or this," because two great festivals happen to be on the same weekend. I think the best kept secret is that

there's such a variety of things to do. There's so many lakes, but then there's also Moose, [Saskatchewan]

Football Week, go-karting, camping and mountains and all that kind of stuff. There's just so much to do here.

Q What's Saskatchewan's best kept secret in its variety of activities? **Continued on page 2**

I am a very busy person, so I tend to have a lot of activities, even in the summer. It's my time to step away from curling and relax. — Amber Holland



Carter Amber Holland enjoys summers on her patio in Regina's North End, even though her head. She likes to finish the golf course with her dog and reconnecting with her neighbours. ANDREW PHOTO BY SARAH HANNA

Amber Holland

For a person who dedicated her life to a winter sport, summer is very important for Regina's Amber Holland. The Sociobehavioral Curling Association president and skip of the 2011 national women's curling championship team now enjoys golf, tap and partaking in an occasional beverage. You're more likely to find her in her backyard or visiting with neighbours in Regina's North End. West sees them on a bench

Q What is most important to you about summer time?

A For me, summer is about down time. I am a very busy person, so I tend to have a lot of activities, even in the summer. It's my time to step away from curling and relax.

Q What keeps you busy?

A Golf. I don't pretend to be good, but I will like trying to beat my dad (Carter Holland of Cartyle).

Q Are you a serious golfer or do you enjoy a few leisurely strokes?

A I'm both. I'm still competitive and I like to keep score because that's important. But you can still do that with a beer on your hand.

Q What else do you do?

A I love my patio, but I like to go out on my patio and read a book

and maybe have a beverage or two. Summer is a time to reconnect with my neighbours. I have great neighbourhoods. And I don't get to see them in the winter.

Q What is your beverage of choice?

A I like beer in the summer. And I like an occasional mojito. But anyone in curling knows that I'm a狂热的 Coke girl. I keep telling that to the men in hopes people will buy me drinks but it doesn't always work.

Q What sort of travelling do you plan for this summer?

A We have a summer curling camp in Skopje. We're up there for eight days, so even though I've got a flight, it's still nice because it's a camp for

kids and it's a great putting the fun back into curling for me. I have a sister who lives in Alida, so I like to go down there. I also have a sister who lives in Ottawa, so I try to get out there, too.

Q Do you still enjoy doing up shape for the curling season?

A I am in the gym three to four times a week. But in a way that forces me down there, too. I'd prefer to just stay fit and stay healthy. I am not getting any younger.

continued on Page A-10

ADVERTISING FEATURE

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and a fantastic product the customer is sure to be satisfied with their new countertops!

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Certainly (summer is) a very intense time of year when you're playing football... You really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. — Gene Makowsky

Gene Makowsky

During his 17 seasons with the CFL's Saskatchewan Roughriders, Gene Makowsky's summers were all work. When he announced his licensed flag football in February 2011, three months after his election as MLA for Regina Denimay his life changed drastically. Now he has time to wife Terri and father to three boys — Nicholas, 11, Ryan, 9, and Blake, 6 — is available for more family time during the summer months.

Q Now do you like to spend summer... **A** Generally the weekends here in Saskatchewan are tough as you want to be outdoors. We like to spend a lot of time in my yard, in our neighbour hood (Winnipeg Park) and within the city with the kids to Wanigan Park or lakes in the area... Tennis, Frisbee, Badminton... that kind of thing. I like to golf, so I try to get out golfing when I can.

We just put a day trip (through) Playing Football for so many years, we didn't really have a summer. We don't have a tent, we might have a few sleeping bags, that's it. We've just been day-tripping out to the great beaches we have here in Saskatchewan.

Q How much different are your summers now?

A Certainly (summer is) a very intense time of year when you're playing football. You're always in meetings, you're always at practice, there's very few days off and so you really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. It's taken a while to get used to just playing, I'm not sure at the time I think that's the biggest thing.

Q With more time, are you pleased anything changes?

A We've kind of a football family now, not only do we watch, but my boys are now playing. I coach my two oldest sons in flag football (just) into Janay, and first week in August we are back on the football field with tackle football in the fall,



Gene Makowsky gives awards to his flag football team at the University of Regina. The former Roughriders now coaches his sons in football. #REB2013PHOTO: MELISSA LEBL

so not a huge transition to do a whole lot of things.

Q Do you still go to Rider games?

A Oh, absolutely. We've got four

season tickets and our family goes, we enjoy it — my wife and two old est. I'm going to get interesting here with my little guy. He's not that interested yet in coming, but I'm sure

he will be in the next few years. We'll have to somehow find a fifth (body) in our seats.

Q What's your favourite food to eat

in the summer?

A Everybody loves a steak on the barbecue I think in the summer time. It's one of my favourites. For me...

THE TOP TEN

FUN CHEAP THINGS TO DO WITH KIDS THIS SUMMER:

- Cool off at an outdoor pool or spray park.



- Catch a big one at the Prince of Wales Park or Fishing Pond (\$0 adult, \$1 under 16) or at the Greenline Fisher Platform east of 20th Street and Spadina Crescent.

- Move your body at a skateboard park, not just for skateboarding in-line skating and BMX. Taking is welcome. Skateboard leaders also teach at different parks each day to teach skills. Call 326-935-3311 for info.



- Go for ice cream! The summer isn't complete without a trip to the Bus Stop (Prairie Fire at River Landing or ... the list goes on). Phoenix ice-cream joints are also popular everywhere.

Or you can:

- Take them golfing. Silverwood has free golf for those under 14 within adult foursomes. 10- and under can play nine holes at Holiday Park (Executive 9, Wildwood or Silverwood courses) for \$7.

- Get creative at the Mervin Art Gallery's free Something on Sundays from 2 p.m. to 4 p.m. every week.

- Visit the library. The Similkameen Public Library is celebrating

- its 100th birthday this year with a variety of events, plus there is always free programming at the library's eight branches. And make sure you're in the TD Summer Reading Club.

- Take me a long run and free Theatre in the Park show presented by Sun Theatre. Alice in Wonderland is playing July 13 to 28 in 18 different parks. Visit www.sunttheatre.com for the schedule.



- Visit one of the city's many farmers' markets to sample local, sourced food from the farmers. The new Cowichan Farmers' Market at the Comox Mall offers live music and food-themed activities.

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NEXT WEEK: Are there any aspects of parenting
 you'd rather leave to your partner to handle?

Email bridges@thestarphoenix.com

■ PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What's the funniest thing your child has said or done lately?

"Last night my two year old told me she 'loves' bones and asked if I'd give them to her. I told her they make me feel sick a little bit so she jumped into the tent of The Whales on the flat. Just changed the wind to going to the bus station, memory palace is little bit weird, it's like it's in the grocery store. I almost cried laughing." —Stephanie Meyer

"My four-year-old said one he
 and his friends were going to
 make costumes."

—Carmen Neal

"My three-year-old announced
 what she will wear when
 she grows up. I asked her
 the question and said 'What are?' —
 Saskatchewan Adams

"My four-year-old's bedtime
 rhyme is the rhyming one. And
 help Easy (easier) water not
 to get in your water/ take two toys
 away from you" —
 Krista Dickson

"My four-year-old announced after a week day (and
 her daycare day) yeh, I was in a carpool today so
 what? And NO, you don't need me on the daycare
 about that? Already ahead!" —
 Shirley Thirumalachett

"My six year old and our four- and two-year-old
 left my house to go to the mall. I told the mom
 and my four-year-old you can be the lookout.
 Between the two and four year old (our year old)
 what do you know we when you grow up? (four
 year old) I was like 'uh' — Nicole Dickson

"There might not find the humor but there's laugh
 life about her write on the carpet with a Sharpie.
 I however when I see it I look at the couch and
 laugh more than me" — Kim Gacke

"We were at the mall the other day parking
 our minivan on the conveyor belt so when I
 could not something bad and had something
 stuck, quickly when my three-year-old said
 'I have to help' and started laughing.
 Everyone in our line, in either line beside us and the

other could hear and we all had a good laugh" —
 Shelly Lambert

"My daughter who is four was at daycare and they
 were talking about superheroes. She told everyone
 is daddy a superhero? He was split from
 elevator? My husband is an elevator mechanic, as
 we are in our 10th floor this is clearly
 a fun question and the people if they are stuck it was
 to come. She was so proud!" —
 Janice Hunter

"My daughter was having a
 bath and had a piece of her self
 in it. I asked her to lie
 down and took off, it which
 she pulled it me when she
 how is a place? She said down
 on an airplane and stuck her
 feet in the water sat up and
 said well when I take a flight
 how do I do? She turned and
 looked at me and said what
 is a plane? She then said
 am I ever?" — Carla Conlin

"My kid screamed the other day. After his soccer he
 went to me and said 'my dear on my leg' I
 was stunned and confused" —
 Kirk Archibald, via Twitter

"My son planned at my wife's Taylor Lacrosse water
 bottle and asked if that was daddy or Austin (her
 son) — Jeff McNaull via Twitter

"My son, who is closing in on his fifth birthday
 and loves to jump on couches, likes to stand on top
 of his bookshelf. The first was St. Patrick's Day.
 He would to cover shelves much to my surprise
 and he looks like a bear in my arm. I started turned
 him and mommy didn't like it so I turned him
 over and said to son on Patrick's Day. Then just
 to my surprise we were outside enjoying the sun
 and the sparkle of the water. Two year old calculates
 he pulls up a small chair on the corner of the lawn and
 sits down prepared to edge me out seriously.
 My son had a huge giggle. Apparently he felt his
 overcoat like a superhero. I think he was
 back to his old self" — Debbie A.

GARDENING

Lilacs a great choice for Prairie gardens

By Sara Williams

If this past winter seemed interminably long, as the positive side, it has been a truly glorious year for lilacs and their enormous blossoms, rich colours and mouthwatering fragrance. Now is the time to plant lilacs for next year.

One of the most frequently planted shrubs on the Prairies during the early part of the 20th century, lilacs are grown primarily for their fragrant flowers in white, pink, purple, blue or purple. Although much of the early breeding work took place in France at the Lemoine Nursery (who some are called "French lilac"), Canadian plant breeders such as Isabella Peniston in Ottawa and Frenchman of Montreal made major contributions to our modern bush cultivars.

Here are a few of my favourites:

The lymphatic-flowered lilac (*Syringa hyacinthiflora*), hybrids of *S. vulgaris* & *S. amurensis*, were developed mostly by French breeders. They are generally upright and spreading shrubs 3 to 5 m. with large, showy fragrant flowers. They sucker less than the common lilac (*S. vulgaris*). Mme. Lemoine has single, almost double, yellow blossoms with double white blossoms with lavender veins.

The Japanese tree lilac (*S. reticulata*) is

Shelley Anthony has double white blossoms with white or no markings. Mme. Béatrice has single white blossoms and begins blooming at a very young age. Perle d'Amour has single, dark purple flowers with exceptionally profuse blossoms.

The French lilac (*S. x pinnatifida*, hybrids of *S. vulgaris* & *S. chinensis*) are fragrant, late-blooming and tend to be more spreading, about 2 to 3 m. with a coarse texture and large leaves. Miss Canada has showy, deep pink flowers in very large clusters emerging from red buds.

The common lilac (*S. vulgaris*) is a large (up to 5 m.), dense and vigorous shrub, with abundant and fragrant flowers. Unfortunately,

for those with limited space, it suckers aggressively. Congo has single intense lavender flowers in large dense panicles. President Lincoln has heavy clusters of single, Wedgewood blue panicles. Semiramis is a single purple with petals uniquely edged in white. Beauty of Moscow is a honey blossom with double white blossoms with lavender veins.

The Japanese tree lilac (*S. reticulata*) is the tallest of the lilacs, up to 10 m. blooming in late June or early July. As the common name implies, it is a small tree. The large, loose triangular-shaped clusters are dreamlike.

Visit my website with your family and friends and enjoy some time away from the city.

Nuts About Nature At Beaver Creek Conservation Area



Dear Chet,
Are mushrooms plants?

Poul



Did you know there are living organisms that are neither plants nor animals? The neatest thing is, you don't have to travel to find them. In fact, you can see them right here at Beaver Creek. They're mushrooms! Though they look like plants, I have recently been discovered they are more closely related to animals. Mushrooms hold their cell walls out of a material called "chitin," which is the same material that is used to make the hard outer skeletons of insects. The part of the mushroom that you can see growing is just the "tip" of the iceberg." Most of the mushroom actually grows underground and the part you can see is just the tip. A mushroom's body is made up of a web of threads or "mycelium" (the act like plant roots, absorbing nutrients from dead plants and animals. Some mushrooms are huge, in fact, the largest living organism on the planet is a fungus called the "Mushroom" in Oregon. It covers an area of 2,300 acres! That's 5 times bigger than Chet's Whetley Park in Sudbury. That's some mushroom!

Send your questions to me at the address below. Then watch Sudger for the answers.

Dear Chet,

Halton Conservation Authority
154 Main Street, Suite 100
Burlington, Ontario L7R 1B2
Phone: 905-639-2654
Email: chets@haltonconservation.ca



Meewasin

Geffine McPhee is a recent university graduate with a strong passion for plants, but is only relatively shiny hairy to Zone 5. Plant it in your most protected location. Honeyville is an improved selection with attractive, brown bark. In unprotected locations, it is subject to sunscald, but the bark often heals over.

The Meyer lilac (*S. meyeri*) is a compact, gently rounded dwarf shrub of 1 m. with small glossy leaves. It produces an abundance of attractive, fragrant small pink flowers in small clusters in late June. It is the lilac of choice for smaller yards.

Lilacs do best in full sun and well-drained soil. A word about pruning: Next year's flower buds develop shortly after the current flower flush blossoming. If you wait too long to prune or shear, you'll be removing next year's flowers.

To learn more, drop by the University of Saskatchewan during Horticulture Week (July 6 to 13) for my presentation on Beal Trees and Shrubs for the Prairies. Also of interest to you may be the tours, lectures and 20+ gardening workshops. Check out the 2013 Hort. Week brochure online at <http://www.usask.ca/gardening/hortweek>. Or call (306) 966-5946 for more information.



The Meyer lilac (*S. meyeri*) is a compact, shiny hairy shrub. (Courtesy of Geffine McPhee)

Sara Williams is the author of the newly revised and expanded *Gardening the Prairie Way*. This column is provided courtesy of the Saskatchewan Provincial Forest Service (saskforests.ca). Email: hortscare@yahoo.ca

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THE PION-ERA EDUCATIONAL SERVICE

IN THE CITY

THURSDAY, JUNE 27, 2013 — 4:16 P.M.

Making a splash in the city



Kelly McLean and Debbie Smith ride their bikes through the flooding Spadina Avenue by Birney Drive. The South Saskatchewan River was running at its highest and highest levels in 2000. (BRIAN PHILIP/INVISION FOR PHOENIX)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

OPTIMIST PARK

Bike polo brings life to Optimist Park

By Angelina Irinici

Andrea Cesena grew up playing a number of organized sports, but has recently fallen in love with bike polo. It's similar to traditional polo, but bicycles are used instead of horses. It all started in Optimist Park about a year ago when she took in her first bike polo tournament and was "instantly captivated" by it. The Saskatoon Bike Polo League (SBPL) is in its fourth season and uses the tennis courts at the park for games, training and tournaments. Now the 20-year-old gets to play her favorite sport at her favorite place on Saskatchewan's Optimist Park. The park's name also takes the name of the Riverdale neighbourhood — something Cesena loves about it.

Q When is at about Optimist Park that makes it your favorite place in Saskatoon?

A Part of why I like Optimist Park as much as it's located in the Riverdale neighbourhood, which is an exciting place right now. There are a lot of exciting things happening here and a lot of local entrepreneurs doing really incredible things. The other thing about Riverdale is that there are a lot of things that have been there for a long time that have not necessarily been acknowledged or have been overlooked. Part of why I like Optimist Park is because it's located and the entire morale is associated with Riverdale.

Q Why do you like Optimist Park but less now?

A I feel at this point it's been over looked, however it's absolutely gorgeous there, but I don't think it's utilized. For instance, SBPL is the only sport of group that has been utilizing the tennis courts here ... they are in pretty rough shape. Even though there's an entire green park filled with beautiful trees and it's a fenced off area, I feel like not enough people have been to this park.



Andrea Cesena plays bike polo on the tennis courts in Optimist Park. *Our favourite place in Saskatoon* BRIDGES/PHOTO BY MICHAELE BEA

Q Do you come to the park for anything other than to play bike polo?

A At this point I feel like it could be used for a lot of community events, but I only go for bike polo right now. That's usually between two to three times a week, so I feel like I spend a lot of time there anyway. SBPL is a whole specifically goes there on Sunday and Tuesday. However, when we

have extra time there's quite a few of us that go as often as possible and we do a lot of training and practice at. We've started ladies' night, which happens on the weekdays.

Q Why do you like bike polo so much?

A That's a very good question. Laughing because it's very much in love with bike polo. I think beyond the sport itself, which is a very

unique set of skills, you have to be able to have a good understanding of the way your bike moves, you have to have good hand-eye coordination and it requires a little bit of skill. It's happened all at the same time. And the community is and around Optimist Park is incredible. So many children come out and check out bike polo every Sunday and Tuesday. We've had so many

interesting conversations with kids wanting to learn how to play bike polo or want to know when we're going to come here next. On top of that the bike polo community itself is incredible and very supportive. I'm very grateful. Even though our club is small (20-25 members) they have been very welcoming to us. Bike polo also brings diversity into any neighbourhood that it's in.

MUSIC

FOLLOW BRIDGES ONLINE at thephoenix.com/bridges or you can follow us on Twitter @bridgesYXE or on [facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE)

KAY THE AQUANAUT

Sask. rapper believes in faith, love and humanity



Kay the Aquanaut is known in the underground hip hop scene for his social consciousness and 'folk' writing style. He explores politics, social issues and human rights in his songs. SHREWD PHOTO BY MICHELLE BIRK

By Angelina Trinici

Local underground hip hop MC Kay the Aquanaut's recent mixtapes have earned just books and rhymes; he identifies as an artist and says his music is an art form.

In that, when asked if he could collaborate with anyone — dead or alive — he didn't choose a musician, but the late non-commercialist art star Jean-Michel Basquiat. He says, whether someone chooses to use pen on a brush or fingers on keys,

it's still giving off the same energy, and perhaps music gives more of an "aura" than visual art.

"I think people's imagination can pick something pretty beautiful out of songs and music," says the 31-year-old rapper.

Kay wrote his first rap song when he was "very young" and decided to make a go-out-of-southern full-length 15 years ago. In that time he's released nine albums, toured much of the globe and has made a name for himself in the underground hip hop scene. He's known for his social con-

sious, and what he calls "folk" writing style, that delivers deep into politics, social issues and human rights.

"I'm an agnostic person. I have faith and love and humanity and I don't want to be religious; something that when I'm older I am going to look back on and regret," says Kay. "I'm happy if someone is listening to my music 100 years from now and can still relate."

Not about the money/lost about the power/this respect of sacred me this cheese" — one line of a song from Kay's newest project — an album re-

leased in February by him and local producer Fiducia. Letters from Lukas, which should be out to the public in August, will be Kay's next album.

"I wrote it for Lukas, and I wrote it for myself. I wrote it for people to check out the music," he says. "The nice thing he does want for his listeners is for them to feel inspired after hearing his music — whether it's good or bad feelings."

"I think the most self-defeating thing about art is when you play for someone and they hear it and they have no response. Whether it's positive or negative, as long as it's evoking some level of reaction and response from them, then I'm happy."

He credits writing art to his well-being and compares it to those who need to "go to the gym or move their body" in their spare time to relax.

It's an outlet for his energy, and it's something he can't live without. "I like to do it, I like to do it, I like to do it," he says. "The nice thing he does want for his listeners is for them to feel inspired after hearing his music — whether it's good or bad feelings."

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ON THE SCENE

SASKTEL SASKATCHEWAN JAZZ FESTIVAL



For many in Saskatchewan, the kickoff to summer is the SaskTel Saskatchewan Jazz Festival. The festival, which ran June 21 to July 1, welcomed a wide range of musical acts to the city. Over 60,000 people hit jazzfest en masse for the jazz, blues, funk, pop and world music. With performances in bars and clubs around the city plus an outdoor fair stage and the

grandaddy of them all, the TD Mainstage in the Radsborough gardens, there was a venue for every budget and every style. Rodgers was On the Scene during An Evening With Herbie Hancock on June 28.

1. Herbie Hancock and his band play
2. Kathryn Launn and Mark Spake

3. Sarah Gearhart takes a photo of the band

4. Derek Bell and Sharlene Bouchar

5. Kevin Elcott and Peter Harkness

6. A great takei chiller from the rain

7. Carolynne Tyler, Chantell and Lynelle Butler

BRIDGES PHOTOS BY MICHELLE BERR

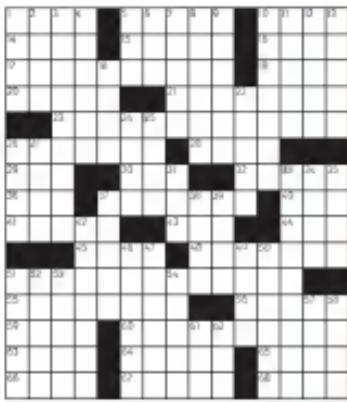


CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1. "Horrible" (5 letters)
 5. Castle (4 letters)
 10. Tread
 14. Polyamorous (10 letters)
 15. Lute (3 letters)
 (writer since 2002)
 16. "The Sopranos" (6 letters)
 17. Total movement
 18. Disposed (7 letters)
 19. Head
 20. Discovered
 21. "A Funeral" (7 letters)
 22. "I'm lost world!" (7 letters)
 23. cartoon (4 letters)
 24. triple quadruplet (9 letters)
 25. —— (3 letters)
 26. Something carefully often taken
 27. Use some stockings
 28. Regular (4 letters)
 29. subject (4 letters)
 30. Tales (6 letters)
 31. —— (4 letters)
 40. "I'm been here!"
 41. Gen 26: Grove
 45. Triple
 46. Small number
 47. Precise
 48. Free
 49. "Get even!"
 50. "House" (actor for the show) (6 letters)
 51. Letty (Gaga and others)
 52. Brighten (in 14) (6 letters)
 53. "I'm not on the way!" (7 letters)
 54. Like (4 letters)
 55. Some (4 letters)
 56. "You Are My Destiny" (6 letters)
 57. Unconscious (6 letters)
 58. "Hock up with" (7 letters)
 59. Assistant investigator (for about)



PUBLISHED ALBERTA

DOWN

1. Star (4 letters)
 2. The calendar additive
 3. Adverb (4 letters)
 4. Students
 5. The big shape (4 letters)
 6. Able
 7. Possible (6 letters)
 8. "I'm not on about" (7 letters)
 9. Triple (4 letters)
 10. Miss (4 letters)
 11. Joan (4 letters)
 12. Home (4 letters)
 13. Out
 14. Get clean
 15. Take marks off
 16. End
 23. Antenna (6 letters)
 "Last Chance" (6 letters)
 24. "Hector" (6 letters)
 Hearing
 25. It's not (4 letters)
 26. With (4 letters)
 27. Center of (4 letters)
 28. "I'm not on the way!" (7 letters)
 29. The end (4 letters)
 30. Invention (6 letters)
 31. Equipment (6 letters)
 32. Maths (4 letters)
 33. Images (4 letters)
 34. Mind
 35. "I'm not on the way!" (7 letters)
 36. "Hector" (6 letters)
 37. Bear
 38. Watch
 39. —— (4 letters)
 40. "I'm been here!" (6 letters)

JANRIO CLASSIC SUDOKU

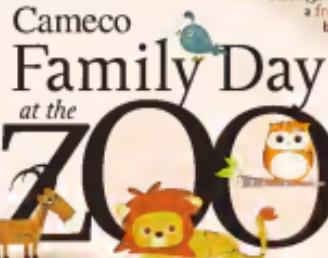
Level: Bronze

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

We difficultly level ranges from Bronze (6 easiest) to Silver (6 hardest) to Gold (hardest).



Solutions to the intermediate (Janrio) and the Sudoku event: [Solutions Page 20](#)



Media partner The StarPhoenix

Sunday, July 21st

Saskatoon Forestry Farm Park Zoo
10:00 a.m. - 5:00 p.m.

Activities for children of all ages!

Raptor Flight Shows by the Canadian Raptor Conservancy
 Stager: Brenda Baker
 Science Shows and Stations by FunTastic Entertainment
 Wacky Wizard Magic Show
 Apollo Jumps
 Temporary Armchair Tattoos by Warren
 Face-painting
 "Big Games" from the Giggle Factory
 Concessions and ARQ services available
 Meet some of our socialized animals
 Immigration Station (animal artifacts)
 Meet the Keeper talk at various animal enclosures

Photo: Raptor Conservancy

Stager: Brenda Baker

Science Shows and Stations by FunTastic Entertainment

Wacky Wizard Magic Show

Apollo Jumps

Temporary Armchair Tattoos by Warren

Face-painting

"Big Games" from the Giggle Factory

Concessions and ARQ services available

Meet some of our socialized animals

Immigration Station (animal artifacts)

Meet the Keeper talk at various animal enclosures

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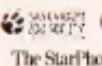
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family admission

Save \$5 to family admission (charge of the first two people) for family (maximum of four people) admission to the Saskatoon Zoo Society members or StarPhoenix coupon holders.

Starler Fishing and
 3 on fish (adults only)
 No gift cards or London Drugs gift cards
 Accepted Monday-Friday 8:00 a.m. to 5:30 p.m. only
 Coupon has no cash value. No other coupons

Event goes on as above
 Event runs by the Saskatoon Zoo Society's environmental education program

For more information [saskatoonzoosociety.ca](#)



The StarPhoenix

EVENTS

MUSIC

Thursday, July 4

The Party Boys
Cracker Barrel and
Lounge
40-227 Pinehouse Dr.

Friday, July 5

4 Front
Ariy & Navy Veterans Club,
303 First Ave. N.

Rocky Road

McMurry Auditorium,
3330 Eighth St. E.

Robins' Rockin' Kings
Fairfield Senior's Centre,
123 Fairmount Crt.

The Kentucky Headhunters
Dakota Dunes Casino,
324 Dakota Dunes Way,
Winnipeg

Gorgeous Blue Dogs
Piggy's Pub & Grill,
1023A 18th St. N.

The Big River Boys
Rock the Bottom
8330 Broadway Ave.

Saturday, July 6

The Tragically Hip
Credit Union Centre,
121-3225 Thatcherville

Brothers of the Devil
Downtown Lepine,
606 Spadina Crt. W.

Lady Hawkin
Nutana Legion,
3231 Laurier St.

The Lost Keys
McMurry Auditorium,
3330 Eighth St. E.

III Generation (Klepper, Alesh,
Hono Andrade and Mike Gatto)
The Option Events Centre,
341 Second Ave. S.

4 Front
Ariy & Navy Veterans Club,
303 First Ave. N.

Friends of Poésie
Rory Bell
Friends w/ PendaCom, Com-
munity and Concerns

Gorgeous Blue Dogs
Piggy's Pub & Grill,
1023A 18th St. N.

Sunday, July 7

Lucky Hawke
Nutana Legion,
3231 Laurier St.

Mary Gauthier w/ Scott
Molen and Joanne Miller

Robins' Rockin' Kings
Fairfield Senior's Centre,
123 Fairmount Crt.

Blues Jam
Songbirds Tavern,
833 Broadway Ave.

Tonight It's Poetry
Utopia's Pub,
690 Broadway Ave.

Mondays, July 8

SNHU w/ Rehearsed

Ambros Centre,
332 10th St. E.

Tuesday, July 9

**Joey Cape (Lagwagon) w/
Zebulon Beagles (Crag the
Slave) and Stoogies**

Ambros Centre,
332 10th St. E.

Open Mic
Utopia's Pub,
690 Broadway Ave.

Wealthy Dogz, July 10

Open Mic
Rock the Bottom,
8330 Broadway Ave.

**Johnny Broadway Record
Club**
Songbirds Tavern,
833 Broadway Ave.

sauséé Out
Utopia's Pub,
690 Broadway Ave.

ART

Mandal Art Gallery

Until Sept. 15, at 16 1/2 Spadina
Ave. E. **The Artistic Life: The
Revolution** Montreal 1941-1960
is a comprehensive exhibition
about Canada's most
ascend-artist movement,
featuring works by Jean-Paul
Riopelle and Paul-Émile
Borduas. An Art of the Mercy of
Light by Eli Lotar is a snap-
shot. **Seul(s) Between The Art**
Series 1938-1964 examines a
lively period in the province's
artists' development, fea-
turing Stéphane Blanquet, Arthur
McKay and Otto Rogers.

Unless by Rodney Le Poer-Terry,
an installation of geometric
sculpture featuring the
title. **The Artistic Life** features
exhibitions. **After the Gains**, features
works by Céline French
and her mentor Iris Hantov.
Love looks, a sculpture by
Lorraine Adams, was recently
selected to the **Mandal Art Gallery**
by BMO Financial Group and is on
view until Sept. 3 at the West-
ern Development Museum.
Arne Malling invites a free
adult painting workshop
for adults on July 7 at 3 p.m.
at the **Mandal Art Gallery**.
Materials provided. To register,
call 306-575-8166.

SCYUW Gallery

Until July 5 at 203 Third Ave.
Work by 18 U of M research
team and work by three young
artists. **Threshold** by Louise
Angus, June 15-July 5. An
exhibition of sites and pass-
ages inspired by a collection
of doors. An reception will be
held July 11 from 6 p.m. to 9 p.m.

Artivity Gallery

Until Aug. 5 at 818 Broadway
Ave. J. Taitan's **Collection**,
The Metal Collection, show-
ing the diversity and vitality
with which Canadian artists
use the table. It includes three
three-awards winners. Luk
Gherardi, Betti-Schmid, Chet-
ter Gilbert and Kye-Yeon Son.

A reception will be held July 5
from 7 p.m. to 9 p.m.

Power Arts

July 5-19 at 234 20th St.
McToons Kitchen. **Trans-
squares**, Mill Encounters
the West. **Indeks Collection**.
Deadline to submit a proposal
for an artwork to the U of S,
Tatai Mipane-revived nail
thimbles' annual exhibition
and made evident of the en-
counter. With a critical text by
Anna Leising. A reception
will be held July 5 at 7 p.m.

Saints of Metamorphosis until July 6,
10 a.m. to 9 p.m., and
July 12 to 1 p.m. to 6 p.m.,
in the arena of Meekins Beach,
Winnipeg. **Meekins and
Viscount** Visit the studios
of 15 artists. Follow the signs
from the self-guided tour
to discover artis-
cally, wood, soapstone and
clay, wood, soapstone and
ceramic, paintings, artis-
ters, jew-
elry artists, textile artists and
furniture makers. Visit www.saintsartmetamorphosis.ca.

Rouge Gallery

Until July 6 at 203-345 Third
Ave. It's **Artists**. It features
paintings and printmaking by
Monique Martin and photo-
graphy by Martheau Thibet.
Thames Hot Hot House, a
group summer exhibition, runs
July 9 to Aug. 9.

Centine East Galleries

Until July 7 at The Centre
Display for the **West About**
Saskatoon Festival in the Jade
Galleria. **Art by Students** at
Gowen at the **West** Galleria,
work by different students
in the Sienna gallery, work by
Heritage. But waiters to the
Crimson Galleria, work by stu-
dents of Venera School in the
Lavender gallery. **Display** by
Summer Festivals in the Royal
Galleria, until Aug. 12. **Display** by
the **Saskatoon Public Schools**
in the **Magnets and Indigo**
Galleries. The galleries are
located at The Centre. Open
daily.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Galleria Art Placement

Until July 11 at 238 Third
Ave. E. **By the water's edge**,
a selection of watercolours
and water-themed works by
gallery artists to celebrate the
start of summer.

Wild in the City

Until July 20 at Unusual City
Condos & Toys, 139 Second
Ave. N. **Whimsical** features of
urban wildlife. **A Nature City**
Festival is event.

AGX Gallery

Until July 20 at 424 20th St.
McToons Kitchen. **metres**, 2013,
by Ali Chardard. **Barriers**
and metal-mesh works, in-
cluding found objects, archival
images and traditional meth-
ods of teamwork, mosaic, laser
cutting and quilling. **Please**,
Stane, a three-figurable art
project created by John di
Hannum, played throughout
Saskatoon and at Peg City among
billboards. It features some
of Canada's fan most video
artists.

**The Galleria, Frances Hor-
rison Library**

Until July 25 at 213 23rd St. E.
Muskechka, by Gary Currie.
Mixed media-recycled interior
decor, paint, electronics and
musical instruments are com-
bined in this exhibition.

Handmade House Showcases
gallery

Until July 27 at 1717 Broadway
Ave. **Setting Down** by June
Russell. Smaller carved sculp-
tures made just for the show.
Moka Coffee Bar

Until July 28 at 411-1110
Westmount and acrylic paint-
ings by different **Students** art
members.

The Hand Wren Gallery

Until Aug. 8 at 209 Third Ave.
McManus. **Cedar**, by Paul
LePointe of Sischoe. An exhib-
ition of cedar wood sculptures
and woodcut prints.

Perkshire Centre

Until Aug. 31 at 104 Chesser
Cres. **Westmarkers & Friends**
group show, featuring a
variety of mixed medium in a
variety of subjects.

Gallery on the Bridges

Through August in the
atrium at 10th Avenue City
Hall. **Landscapes** in the water-
colours by Patricia Clark on
the third floor; landscapes and
cityscapes by Shirley Taylor
in the fourth floor and acrylics and oils on
canvases by Mac Gotsch on the
sixth floor.

**Western Development
Museum**

Until Sept. 2 at 2030 3rd Ave.
E. **Love** by Lynn
Atkins. The sculpture exhibit
playfully reimagines everyday
materials, from marmalade
jars to sticks, to automobile
parts, tags and metal train
parts transformed into fiction-
al worlds and imaginary
landscapes. It is presented in
collaboration with the **Mandal
Art Gallery**.

Black Sparrow Gallery

Through its parlor at North-
side Art House on Highway 2.
On the Northside Art House
show original works repre-
senting Northern Saskatchewan
and the boreal forest.

SPECIAL EVENTS

Saskatoon Summer PROMS

Thursdays until Aug. 29, 7
p.m. to 8 p.m., at 10th Avenue
Centre, 304 10th Ave. E. In-per-
formances by local musicians.
From 2 Pop 'n' Yo, July 4,
featuring Jack Palmer and
Suzanne Palmer. Visit www.theshowcenter.org.

EVENTS

Prairieland Junior Ag Show July 4-6 at Prairiefield Park. A 4-H and youth event of special emergencies designed to encourage the interest and participation of Saskatchewan young people in agriculture and rural life.

Pro-Yarn Chair and Orchestra concert



July 5, 7:30 p.m. in Quince Theatre at the U of S Education Building. The University of Saskatchewan Orchestra performs a program for their upcoming European tour. Features the participation of six works from confirmed bend and choir.

30th Annual French Summer Festival

July 5-7 at Batoche Métis Centre. La Fête Franco-Québécoise features free camping, family and children's activities, artisan market, free food banquet on July 6 (must pre-register for this meal), 24 different events and musical guest Marie Callier from Montreal. Visit batochemetiscentre.com or call 1-800-991-1112.

Rock Sale

July 6, 10 a.m. to 7 p.m. and July 6, 11 a.m. to 2 p.m., at the New Age building at Prairiefield Park. Hosted by the CCC Ryders and Club during sales, rentals, barbers, bits, beets, britches, crepe, weaner, britches, counters, pants, leather, hats, helmets. To self. Call 306-938-1636, email rock@rockrock.com or visit caurus.yahoomail.com/.

Canada Remembers One Hero

July 6, 11 a.m. to 6 p.m., at Auto Cleaning Master Speedway. An annual tribute to heroes. Features the 86 medals, CF-18 Hornets and the skydivers. Showcase Team. Wish Interactive

Lots of info and other vendors will be on hand during the annual Pets at the Park luncheon in Keween Memorial Park. Sunday. Photo: Keween

and education displays by Canadian Forces, police and fire departments. Includes the Parade of Veterans. Visit www.caudassurerendezseances.com.

Pets in the Park

July 7, 10 a.m. to 4 p.m., at Keween Memorial Park. A day for pets and their pets. With food, music, vendors and entertainment. Funds raised provide medical care for homeless animals cared for by New Hope Dog Rescue, SASKSPCA, SPCA, and SCKT Street Cat Rescues.

Charity Pancake Breakfast

July 12, 7 a.m. to 10 a.m., at St. Paul's Anglican Church, 100 Second Ave. N. Hosted by Great Western Brewing Company. Pancakes and bacon. Donations are not required. Bring a奉献物. To self. Call 306-664-7043.

Dancing in the Park
Wednesday, July 17, 7:30 p.m. to 10 a.m., at River Landing Amphitheatre. Scottish social dancing, presented by the Saskatoon Scottish Country Dancers. Experience the fun of Scottish social dancing. No partners are not required. Bring a奉献物. To self. Call 306-664-7043.

* THEATRE

Scalp: Water Moon

July 5-28, Tuesday to Saturday evenings, and Wednesday, Friday and Sunday afternoons. At Studio Arts Centre in Saskatoon. Features the Mary and Jacob Szwed Team. Wish Interactive

disappointments of young love as Jessie tries to win back Mary's affections.

Joseph and the Amazing Technicolor Dreamcoat
July 6, 7 p.m., and July 7, 2 p.m., at the Royal Arts Centre. Presented by The Summer Players. Music by Tim Rice and Andrew Lloyd Webber. When Joseph is given a coat of many colours, his envious brothers sell him into slavery gifted with prophetic dreams, Joseph is taken by the pharaoh. Back home, a famine hits and his brothers find themselves begging at Joseph's feet. Will Joseph forgive his brothers and reconcile with the son of Israel?

Shakespeare on the Saskatchewan

July 10 to Aug. 25 at the Shakespeare site a long the river. The Comedy of Errors is a family-friendly comedy of mistakes and identities. Much Ado is a bold and breezy revenge tragedy. With a medieval feast as July 14, a pizza night fundraiser on July 20 and Sunday tea on July 28.

• SPORTS

2013 Master Sports Trainer

July 5-6 at Saskatoon International Raceway, 1300 south of Saskatoon on Hwy 16.

Theoughbred Racing

July 5-6, 7 p.m., at Morris Downs. With jockeys from Thorough and Jockeyville.

Saskatoons Pictures Tennis Tournament

July 9-14 at Riverside Badminton & Tennis Club, 645 Rosalind Cres. W. Live pro tennis in Saskatchewan.

2013 U21 Men's International Softball Championship

July 9-14 at Bell/Ver Ingle Stadium, Guelph, Ontario. Park and Glen River Fields. Featuring 14 teams, one from each province as well as teams from New Zealand and the U.S. Visit www.saskatoonspicturesoftball.com

Datatel Corp Soccer Kids In the Park

Mondays to Fridays until Aug. 22 at City of Saskatoon Playgrounds and youth centres. Hosted by Saskatoon Youth Council. A drop-in summer program for ages four to 16. For a schedule visit saskatoonsoccerkids.ca.

Weekly Summer Basketball Camps, Leagues and Tournaments

June 16-Aug. 25 in Saskatoon. Offered by Young Athlete Saskatoon. Camps are headed by retired teacher and school principal Dennis Hall. For youth ages eight to 16, of all levels of athletic ability and experience. Visit www.yas.ca, call 306-382-3225 or email ys@ys.ca.



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FASHION

SASKATCHEWAN FASHION

Charity Smith: Good friends always in style

By Andrew Matte

Kimberly Gall knew something wasn't static with her.

Her friend Charity Smith was a new mother whose focus turned caring for others. That meant she didn't always have time for fashion trends.

Smith, who regularly wore sweat pants and hand-me-downs, was in a funk.

So Gall, who for years dispensed fashion advice to friends and an army of creating clothes from their closets down, knew just what to do.

Gall lent Smith a car of shoes and started buying her an occasional second-hand dress. The friendly purchases were met with enthusiasm.

Smith, who describes herself as always "thought like a man when it comes to fashion," happily accepted the gifts and advice.

Smith, 30, a Regina mother of two aged one and three, said that at the time she wasn't thinking about her appearance.

"I think I never started to look hemmed in after a while. It was like I was wearing running shoes and I wore my hair in a ponytail. But later I began to dress and I started to take better care of myself."

Gall was pleased her friend's chirky attitude had returned.

"She seemed kind of flat but I knew she had this sparkling personality underneath. I hoped that she might feel better about her-

self-fade. And when she saw in the mirror,

Smith and Gall began experimenting with colours and accessories and making trips to second-hand clothing shops. Their favourite is the Lou House at 21st and Diefenbey Ave. in Regina.

Gall discovered Smith looked best in dresses with bright, saturated colours. Smith agreed.

"I found that she was cool because then I didn't have to choose pants. Plus a dress is pretty comfortable and easy to wear. You can run around and after kids."

Most of Smith's wardrobe is made up of thrift shop scores to which Gall applies her tailoring skills.

"I like altering clothes or turning something into something else that looks good and we're having fun with it," says the 21-year-old, adding Smith's dresses typically cost just \$3.

Gall took to Facebook and Foursquare to amass pictures of herself, often cellphone images of her reflection in a store window as she perused a store or a sidewalk.

"That started because I was looking for myself. It was like, 'Hey everybody, Charity is wearing a dress.' It started on a table, but then I just took a picture whenever I had a new dress."

Gall is proud of how Smith has come since agreeing to take her advice.

"She's very human factor. We're having lots of fun with it. For somebody with two kids, I think she looks dynamite."



Kimberly Gall. (Inset photo by MICHAEL BILL)



Charity Smith. (Inset photo by MICHAEL BILL)

We want to feature your favourite outfit in Bridges. Send a photo to bridges@thestarphoenix.com.

1 DRESS: *Barbara* by Kimberly Gall. Purchased it for \$18 at the Bay.

2 SHIRT: Purchased at The Body Shop. A 4-leaf fern t-shirt in Reggae (2 years ago).

3 BRACELET: *Lentil* by Kimberly Gall. The bracelet is cast. From Amazon.

4 SHOES: Purchased by Kimberly Gall. Purchased it for \$15 at Spring Shoes at the Cornfield Centre.

OUTSIDE THE LINES



Colouring contest

Each week Stéphanie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the picture, have a picture taken with the finished product and email it to info@thesophomore.ca. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Jacob Longo. Thanks to everyone who submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
 Email bridges@thestarphoenix.com
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SASKATCHEWAN FOOD SCENE

Writers promote Canadian food on cross-country trip

By Jenn Sharp

For previous, three summers, four months. Two Vancouver food writers are setting their way across Canada this summer on an epic road trip.

PEAST: An Edible Road Trip begins at the end of June. Prairie and太子, Lindsay Anderson, left, and Diane VanVeller, right, will be promoting Canadian food through stories, photographs and video during the trip.

They'll feature people and organizations that strive to make each province's food system more "real" for consumers and tourists.

The adventurers will be stopping in Saskatchewan in August for one week to document and share our province's food culture. They plan on visiting Regina, Saskatoon, Moose Jaw and a few communities along the way. They've already made plans for a visit to Bessborough Provincial Park in Regina.

"We'll be incorporating as much craft beer into our trip as possible," said Anderson with a laugh.

Anderson, aka "Iron Mouth," recently finished a one year stint for Tourism Saskatchewan's 365 Days of Dining Campaign. During the campaign she ate at, wrote about and photographed a different restaurant in Saskatchewan every day. She said her experience and writing the stories about Saskatchewan's food scene inspired the cross-Canada food trip. She's often heard that country doesn't have any "Canadian food." Her and VanVeller's goal is to high light the country's diverse culinary offerings, along with the people whom cook in them and that make it all possible.

"How rarely does Canadian food as a whole get celebrated?" said Anderson.

She and VanVeller are raising money for the PEAST road trip through a flexible funding campaign on Indiegogo. It began June 18 and will conclude with July 23. At pres-



Diane VanVeller (left) and Lindsay Anderson are embarking on a four-month cross-Canada food trip to write, photograph and promote the country's diverse culinary scene. They'll be in Saskatchewan for two weeks in August. SUPPLIED PHOTO

time, they've raised \$1,800. Money have also contacted the women to say they can't supply funds but have offered accommodations or food.

In exchange for donations, people can expect their own magazine subscription with four months of stories, recipes, photographs and video. The two will also be coming

up with a cookbook-based diary from the journey.

They want to eat a variety of food establishments like farmers' markets and farms, eat just the best restaurants in each city.

"For Canadians who are great but also if you're going to eat in a restaurant in

Saskatchewan we would be thrilled to be able to experience the food culture on a personal level."

These regionally related food stories, the ones that are important to people, are the ones they want to tell. "We're open to any adventure that will get us up in our car there

and are helping people will suggest things."

"We get in touch with the PEAST to plan and suggest our own Saskatchewan food stop, visit a renewable-energy camp. If you're interested in contributing to the journey a link on the website will take you to the Indiegogo fundraising campaign."

ASK ELLIE

Husband's secret phone creates rift in marriage

Q My husband put an open phone, the bill, on my email, showed me an unknown number. When asked who it was, he said, just a work friend.

He then put a second phone I unopened to find the bills.

There was texting at nine a.m., all day at work, and three-to-four hours of texting her from home till 10 p.m.

We had a big blowout, he says he never touched that woman (she's home every night).

I said it's an emotional affair, which he denies. Now he talks and blames me for him not having a friendship anymore.

He goes to the silent treatment, and only buys things for himself — a new computer, TV, etc., and says to pay my own bills myself.

He's growing over the loss of her.

I know that, but there's also my pain and the way he now resents me. I'm still paying the price.

NOT STUPID

Ask Ellie



Is counselling with you to get back on track in a couple.

Q My husband has retired for four years. He does everything in the house. So long as I sleep my full-time job and don't dip into our savings, he's happy. However, I feel resentful that I'm made to get out of his hair and, even on my day off, I feel like I'm changing his style.

It's feeling like I'm a better a child in this relationship. It's not doing my good for my self-esteem. I don't mind my job, and I make OK money, but for some reason I'm feeling the load and that he's laughing at the situation behind my back.

Uncomfortable Wife

A I sense control, which I was given when he moved around a long time.

Whatever your arrangements were when he was working, he's now set new rules for this phase of a life he's living "part-time."

You could play with some of your rules. Take a day off and see if

there's anything going on that you don't know about. Or, come home unexpectedly early to see if you find he has something in progress. If nothing's happening, he is just trying to cover up his over-exposure and manage his time as a free agent... perhaps no different in feel to how things were when you both worked.

But it's wrong. Relentance of even one partner is a new life phase, which must be discussed together.

You are NOT a fool or a child. Protect your self-esteem and speak up saying you won't be intimidated and pushed out of "his way."

Please share an understanding of what he does with his time, and how that intersects with your time at home.

Note: There's always the poor hobby that he's doing nothing and embarrassed about his lack of purpose or status. Keep an open and ear open for that. It would suggest he needs counselling to learn to make retirement's relaxing and reward-

ing phase, which is far from many.

Q I married at 21 to a man eight years older. We'd been together for three years and told ourselves that age doesn't matter. But at that stage of life it does. I was discovering who I was as an adult and already done that.

Eventually I was "wound" by another man at work and began an affair 18 months into my marriage. Reflecting now I don't know why I did it, but at 21 I didn't really know what I wanted.

The truth came out, we got divorced, and went our separate ways. I know I hurt him but I probably hurt myself more, as it took me years to find the right path.

Too Young

A Blaming behaviour that hurts others on your behalf is something very common and is made more acceptable if you also take responsibility.

You've done that, but will your own tough experiences, and hopefully learned a better way to deal with people who care about you.

Next week in BRIDGES

Beads of Courage help children and their families cope with chronic illness





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